

AVAILABLE INTERNSHIP DIRECTORY

UTAH COUNTY

WELLNESS EDUCATION INTERN

Company: UVSC, Wellness Education Office
Contact: Amy Grubbs
Deadline: On Going
Hours: 150+ (20 hours per week, variable)
Compensation: Possible scholarship or stipend
Description: Assist in presentations on stress, exercise, substance abuse, and other wellness topics to classes and departments on campus.
Assist in the facilitation of a smoking cessation class and substance abuse class (as needed).
Assist in the facilitation of behavior modification program to students and employees.
Administer monthly Health Risk Appraisal testing to students and employees.
Assist in the coordination and promotion of awareness campaigns, events, workshops, and speakers for campus population.
Assist in monthly health screening checks, wellness newsletters, newspaper articles, and other information disseminated throughout campus.
Requirements: One year of course work in the following:
Health Promotion Community Health
Fitness & Wellness Other health-related fields
Major(s): HHP-Community Health Education, HHP-Exercise Science/Wellness, HHP-Health Promotion, HHP-Health Sciences, HHP-Physical Education-Fitness & Wellness Mgmt
Address: 800 W University Parkway; Orem, UT 84058
Phone: 801-863-8127
Fax: 801-863-7056
Email: grubbsam@uvsc.edu
Homepage: www.uvsc.edu/wellnessed/

FITNESS CONSULTANT, HEALTH & WELLNESS DIRECTOR

Company: Synergy Fitness Systems
Contact: Kurt Hurley

Deadline: ongoing until full
Hours/Pay: Not Paid
Amount: During start-up, interns will not be paid; in 90 days program will be paid.
Description: Learn all aspects of operations in running a private fitness facility, including:
 Sales
 Assessments, Programming, Evaluations
 Consulting, Training (motivating and instructing), and
 the implementation and application of business protocols
Requirements: Anatomy, Physiology, Kinesiology,
 Exercise Science, Sport Psychology, Marketing
 The application of any or all of these in a working atmosphere.
Major(s): HHP-Exercise Science/Wellness, HHP-Exercise/Science/Physiology, HHP-Health
 Promotion, HHP-Physical Education-Athletic Training, HHP-Physical Education-
 Exercise Science, HHP-Physical Education-Fitness & Wellness Mgmt
Address: 3370 N University Avenue; Provo, UT 84606
Phone: 801-374-9355 or 787-9732
Email: fit4you@sprintppi.com (temp)
Homepage:

ASSISTANT FRESHMAN FOOTBALL COACH (if ACEP trained, higher level)

Company: **Provo High School**
Contact: Coach Henderson
Deadline: Spring
Pay/Hours: Depends
Description: Help plan and organize practice, equipment, drills, and learning of Provo High
 Football
 Manage game plan on Saturday
Requirements: Physical Education or Coaching major/minor
 Junior or above; football background
Major(s): Physical Education, HHP-Physical Education-Athletic Training, HHP-Physical
 Education-Exercise Science, HHP-Physical Education-Fitness & Wellness Mgmt,
 HHP-Recreation Mgmt & Youth Leadership
Address: 1125 N University Avenue; Provo, UT 84604
Phone: 801-373-6550 Ext 349
Fax: 801-374-4880

CONTENT SPECIALIST OR CLASSROOM TEACHER

Company: **Provo School District**
Contact: Administrative Offices
Deadline: Open
Hours/Pay: Not Listed
Description: Responsible for content and management of regular or specialty classes; working
 under the direction of a master teacher. Schools include:

Elementary
 Amelia Earhart
 Canyon Crest
 Edgemont
 Franklin

Grandview
 Joaquin
 Maeser
 Provost
 Rock Canyon

Sunset View
 Timpanogos
 Wasatch
 Westridge
 Middle Schools

Centennial
Dixon
Farrer
Senior High Schools
Provo

Independence
Timpview
Hillside
Special Schools
Provo Community School

Oakridge School
Provo Early Education

Requirements: Background skills:
Working with children
Teaching/Presentation skills
Classroom management
Content background and training
Major(s): HHP-Community Health Education, HHP-Curriculum Instruction in Phys. Edu, HHP-Recreation Mgmt & Youth Leadership
Address: 280 W 940 North; Provo, UT 84604
Phone: Call individual schools

INTERN

Company: Canyon Springs Wellness Center (aka Personal Fitness Systems)
Contact: Steve Brady
Deadline: Open
Hours/Pay: Paid
Description: Canyon Springs Wellness Center (also Personal Fitness Systems) is offering paid internships to students. They are looking for students interested in working as a Personal Trainer or in assisting a Physical Therapist. They also have corporate accounts where you would be involved in fitness testing.
Requirements: Prefer students with background in
Sports
Nutrition or
Exercise Physiology,
but will train
Major(s): HHP-Physical Education, HHP-Physical Education-Athletic Training, HHP-Physical Education-Exercise Science, HHP-Physical Education-Fitness & Wellness Mgmt
Address: 3089 N Canyon Road; Provo, UT 84604
Phone: 801-375-6500
Fax: 801-375-6550
Homepage: cynsprings.com

TEACHING INTERNS

Company: Alpine School District
Deadline: Open
Hours/Pay: Not Listed
Description: Schools include:

Elementary Schools
Alpine
Aspen
Barratt
Bonneville
Cascade

Cedar Ridge
Cedar Valley
Central
Cherry Hill
Dan Peterson
Eaglecrest

Forbes
Geneva
Greenwood
Grovecrest
Highland
Hillcrest

Legacy
Lehi
Lindon
Manila
Meadow
Northridge
Orchard
Orem Elementary
Rocky Mountain
Scera Park
Sego Lily
Sharon
Shelley
Summit
Suncrest
Valley View

Vineyard
Westmore
Windsor
Junior High Schools
American Fork
Canyon View
Lakeridge
Lehi
Mountain Ridge
Oak Canyon
Orem
Pleasant Grove
Senior High Schools
American Fork
Lehi
Lone Peak

Mountain View
Orem
Pleasant Grove
Timpanogos
Community Education
American Fork JHS
Canyon View JHS
Mountain View HS
Lehi HS
Lehi JHS
Special Schools
Alpine Life & Learning
ATEC
Utah State Dev. Center

Requirements: None provided
Major(s): Physical Education, HHP-Physical Education-Athletic Training, HHP-Physical Education-Exercise Science, HHP-Physical Education-Fitness & Wellness Mgmt, HHP-Recreation Mgmt & Youth Leadership
Address: 575 N 100 East; American Fork, UT 84003
Phone: Call individual schools

INTERN

Company: American Cancer Society
Contact: Toni Tomlinson
Address: 286 South 600 East; Provo, UT 84606
Phone: 801-373-5886
Email: Ttomlins@cancer.org
Hours/Pay: They offer a very flexible schedule where the student chooses his/her own hours. Non-paid
Opportunities: Variety of projects: take over and refine; support groups (breast and prostate): attendance, awareness, media, and speakers for the group. There are limited job opportunities available.
Requirements: Interview required, send a resume if possible.

INTERN

Company: American Fork Hospital
Contact: Human Resources Department
Address: 170 North 100 East; American Fork, UT 84003
Phone: 801-763-330

INTERN

Company: American Red Cross
Contact: Sara Harvey, Health and Safety Specialist
Address: 865 North Freedom Blvd.; Provo, UT 84604
Phone: 801-373-8580
Hours/Pay: Flexible, non-paid

Opportunities: Promote and instruct CPR classes. Help with the Disaster Service Program by teaching survival skills. There are possible job opportunities when internship is complete.

INTERN

Company: Boys and Girls Club of America
Contact: Shanni Call
Address: 1060 East 150 North; Provo, UT 84606
Phone: 801-370-4615
Email: Shannic@provo.k12.ut.us
Hours/Pay: Must be able to work in the afternoons and evenings. Paid if you are graduating and are taking 496R
Opportunities: Work with kids, prevention/intervention program. Develop curriculum for a four-month period.
Requirements: Background check.

TEACHING OR COACHING INTERNS

Company: Nebo School District
Contact: Contact each school for information
Deadline: Open
Hours/Pay: Paid half salary
Description: Schools in District:

Elementary
Art City
Barnett
Brockbank
Brookside
Canyon
Goshen
Grant
Larsen
Mapleton
Mt Loafer School
Park School
Park View
Rees

Sage Creek
Salem School
Santaquin
Taylor
Westside
Wilson
Middle Schools
Payson
Spanish Fork
Springville
Junior High Schools
Payson
Spanish Fork
Intermediate

Springville
High Schools
Payson
Spanish Fork
Springville
Landmark
Other
Community School &
Recreation
Public Health Nurse
Vocational Education
Community School

Requirements: Majors as needed
Must be able to graduate by August following the internship
Major(s): HHP-Community Health Education, HHP-Curriculum Instruction in Phys. Edu, HHP-Exercise Science/Wellness, HHP-Exercise/Science/Physiology, HHP-Health Promotion, HHP-Health Sciences, Physical Education, HHP-Physical Education-Athletic Training, HHP-Physical Education-Exercise Science, HHP-Physical Education-Fitness & Wellness Mgmt, HHP-Recreation Mgmt & Youth Leadership
Phone: White Pages - Public Schools

WELLNESS PROGRAM STAFF INTERN

Company: NuSkin Enterprises
Contact: Brian Hunt, Wellness Coordinator
Deadline: 2 weeks before term/semester
Hours/Pay: Not Paid
Description: Student will assist with health screenings, counseling, health education lectures, and organizing recreational activities.
Other duties to include data entry, updating website, office administration, creating flyers, and other health-related documents
Requirements: Health Promotion, Exercise Science/Physiology, Health Sciences, or Community Health majors
Students who apply should be close to graduation and should be knowledgeable in the areas of exercise prescription, health education, and nutrition
Major(s): HHP-Community Health Education, HHP-Curriculum Instruction in Phys. Edu, HHP-Exercise Science/Wellness, HHP-Exercise/Science/Physiology, HHP-Health Promotion, HHP-Health Sciences, Physical Education, HHP-Physical Education-Fitness & Wellness Mgmt, HHP-Recreation Mgmt & Youth Leadership
Address: One NuSkin Plaza, 75 W Center Street; Provo, UT 84601
Phone: 801-345-6207
Fax: 801-345-6299

INTERN

Company: Center for Women and Children in Crisis
Contact: Pat Mills
Phone: 801-374-9351 ext. 107
Hours/Pay: Flexible; Non-paid
Opportunities: Offer a speakers bureau in the community. Volunteer positions: work with and act as support for rape and domestic violence victims and families, work in the women's shelter, crisis hotline, rape crisis team, children's program. Training is provided. There are possible job opportunities.
Requirements: Background check. Six-month minimum stay.

INTERN

Company: Central Valley Medical Center
Contact: Human Resources Department
Address: 549 North 400 East; Nephi, UT 84648
Phone: 453-623-1242

INTERN

Company: Mountain View Hospital
Contact: Human Resources Department
Address: 1000 East 100 North; Payson, UT 84405
Phone: 801-465-9201

INTERN

Company: Timpanogos Regional Hospital
Contact: Human Resources Department
Address: 750 West 800 North; Orem, UT 84057

Phone: 801-714-6000

INTERN

Company: **Community Action Agency**
Contact: Don Cook
Address: 257 East Center St.; Provo, UT 84606
Phone: 801-373-8200
Hours/Pay: Flexible schedule during daytime hours; Non-paid
Opportunities: Work one on one with clients, referring them to community resources such as United Way and Outreach. There are possible job opportunities.
Requirements: Commitment of 90 hours or more; Utah, Wasatch, and Summit counties only.

INTERN

Company: **Family Support and Treatment Center**
Contact: Teri Jones
Address: 1255 North 1200 West; Orem, UT 84057
Phone: 801-229-1181
Hours/Pay: Flexible; Non-paid
Opportunities: Provide therapy, counseling, help with children in nursery, parenting classes. School lunch program - develop meals (nutrition). There could be possible job opportunities.
Requirements: Background check. If work in nursery, you must be fingerprinted and be certified in First Aid/CPR.

INTERN

Company: **Food and Care Coalition of Utah Valley**
Contact: Nancy Willes
Address: 60 North 300 West; Provo, UT 84601
Phone: 801-373-1825
Hours/Pay: Flexible; Non-paid
Opportunities: Can help serve lunch or dinner, make and donate sack lunches, pick up food donations from local stores/restaurants, sponsor a video night, provide music during dinner, do a fund raiser such as a dance or car wash, help organize donations, do a cleaning project on site, decorate tables for holiday, do a drive for cleaning items, kitchen/paper supplies, hygiene items, or specific food items. Can do mentor advocacy (thru Brent) to help homeless overcome barriers that are keeping them homeless. (Training provided and need long-term commitment)
Requirements: Speak English and set personal boundaries (don't give out your own phone number, etc.)

INTERN

Company: **The Gathering Place**
Contact: Gary Green
Address: 251 East 1200 South; Orem, UT 84058
Phone: 801-226-2255
Hours/Pay: Would work evenings. Non-paid
Opportunities: Educational presentations on health related topics

INTERN

Company: **Kidney Foundation**
Contact: Richard Taylor
Address: 3707 North Canyon Road; Provo, UT 84604
Phone: 801-226-5111
Hours/Pay: Flexible; Non-paid
Opportunities: Work on community education, prevention of kidney disease, set up diabetes screenings, media campaign. There are possible job opportunities. Can work outside of Utah County.
Requirements: Review process to establish abilities of volunteer and then assigned tasks according to their abilities.

INTERN

Company: **Kids on the Move**
Contact: Mark Elliott (Early headstart)
Address: 475 West 260 North; Orem, UT 84057
Phone: 801-221-9930
Hours/Pay: Flexible; Non-paid
Opportunities: Internship tasks are individualized for each student. Tasks may include preparing and interacting at discovery groups and parent/child activities that focus on development, health & nutrition. Other tasks may include community resource fairs and assisting with program administrations.
Requirements: Application necessary. Limited to Utah County.

INTERN

Company: **Mental Retardation Association of Utah - Development Center**
Contact: Sharolyn Cant
Address: 895 North 900 East; American Fork, UT 84003
Phone: 801-763-4008
Hours/Pay: Flexible between the hours of 8am to 5pm, Monday through Friday; Non-paid
Opportunities: Intern is paired up with a professional, depending on the intern's field of study. Intern shadows the professional in their practice, getting to know clients and procedures, etc. There are possible job openings when finished.
Requirements: Limited to Utah County. Orientation and an understanding of confidentiality.

INTERN

Company: **Mesa Vista**
Contact: Anesha Brown or Sandy Wiscom (for nursing students)
Address: 394 West 400 North; Orem, UT 84057
Phone: 801-225-9292
Hours/Pay: Flexible; Paid
Opportunities: Work one on one with mentally disabled clients and help them set goals to improve their fine and gross motor skills through recreational activities. Benefits include health care and paid time off after 90 days of work.
Requirements: Patience, love and care for the clients.

INTERN

Company: Mountainlands Community Health Center
Contact: Todd Bailey
Address: 215 West 100 North; Provo, UT 84606
Phone: 801-374-9660
Hours/Pay: Flexible schedule, depending on availability. Non-paid
Opportunities: Front office work, billing, filing, etc. Possible job openings available.
Requirements: Limited to Utah County. Must be sponsored by a professor, competent in Spanish.

INTERN

Company: Orem Community Hospital
Contact: Human Resources Department
Address: 331 North 400 West; Orem, UT 84057
Phone: 801-224-4080

INTERN

Company: Project Vision
Contact: Rachel White
Phone: 801-373-8200
Email: jwhite@unitedwayuc.org
Hours/Pay: Flexible schedule: two meetings a week. Hours depend on credit hours enrolled. Non-paid
Opportunities: Mentoring 10 kids (case manage), weekly group activities, public relations, interviews at children's homes
Requirements: Must be at least 18 years old and have own transportation, background check.

INTERN

Company: United Way of Utah County
Contact: Scott Snow
Address: 148 North 100 West; Provo, UT 84601
Phone: 801-374-2588
Email: ssnow@unitedwayuc.org
Hours/Pay: There is one paid internship a semester that requires 20 hours a week. The rest of the internships are non-paid. They offer a very flexible schedule anytime from 8am to 5pm Monday through Friday
Opportunities: Update information; refer individuals to their needed help, volunteer at local non-profit agencies.

INTERN

Company: University of Utah Health Network
Contact: Marcia Ridel
Address: 145 West University Parkway; Orem, UT 84058
Phone: 801-226-7555 ext. 672
Hours/Pay: Non-paid with a flexible schedule
Opportunities: Telephones, filing. There are possible job opportunities
Requirements: Medical background preferred but not necessary

INTERN

Company: Utah Alcoholism Foundation – Central Utah Treatment Center
Contact: Dean Larson or Scott Perry
Address: 1726 Dakota Lane; Provo, UT 84606
Phone: 801-373-6562
Hours/Pay: Non-paid internship with a flexible schedule
Opportunities: Answer phones, paperwork. May teach some educational classes. If an opening is available, it may lead to a job.
Requirements: Available in other counties.

INTERN

Company: Utah County Children's Justice Center
Contact: Pattie Huestis
Address: 315 South 100 East; Provo, UT 84606
Phone: 801-370-8554
Hours/Pay: Non-paid, flexible with your schedule after you have attended the training session which is held on two Saturdays and 3 weeknights (all in the same week).
Opportunities: Work one on one with kids, Big Brother/Sister, Mentoring.
Requirements: Must be at least 18, have criminal background check, training session and stay at least for 6 months.

INTERN

Company: Utah County Division of Substance Abuse
Contact: Human Resources Department
Phone: 801-370-8427
Hours/Pay: Non-paid for undergraduate students, flexible with your schedule
Opportunities: Work with groups in therapy sessions, promote prevention. Also, work with Women's Promise, an adult high school program. Possible job opportunities when finished.
Requirements: Can be done in other counties. Background check, and then 20 hours a week required.

INTERN

Company: Utah County Department of Health (Health Promotion)
Contact: Division Director - Eric Edwards
Tobacco Prevention & Control: Terry Gettling, Pat Tucker
Safety & Injury Prevention: Bonnie McMullin
Cardiovascular Disease: Patty Cross
Address: 589 South State; Provo, UT 84606
Phone: 801-370-8795
Hours/Pay: Non-paid with flexible hours
Opportunities: Assist with planning and implementing of programs in three main areas: tobacco prevention and cessation, injury prevention, and cardiovascular disease. Prepare and give presentations on car-seats, helmets, seatbelts, Five-A-Day, physical fitness, tobacco prevention, etc. There are possible job opportunities when finished.
Requirements: Limited to Utah County, own transportation recommended. Must be a health science major (Community Health, School Health, Fitness and Wellness Management, Exercise Physiology, etc).

INTERN

Company: Utah State Hospital
Contact: Human Resources Department
Address: P.O. Box 270; Provo, UT 84603
Phone: 801-344-4400

INTERN

Company: Utah Valley Regional Medical Center
Contact: Human Resources Department
Address: 1034 North 500 West; Provo, UT 84601
801-373-7850

INTERN

Company: Women, Infants and Children (WIC)
Contact: Crystal Forbes
Phone/Address: 1-800-662-3638 or 801-370-4510 - 589 South State St. Provo, UT 84606
Phone/Address: 1549 North State St. Suite 104 Orem, UT 84057 801-225-2063
Contact: Janice Ivie
Hours/Pay: Non-paid, flexible with your schedule.
Opportunities: Mainly office work, including filing and faxing information between clinics. If Spanish-speaking, may work with patients.
Requirements: There are clinics all over Utah so may be done in every county.

PHYSICAL THERAPY TECH/AIDE

Company: Professional Physical Therapy & Sports Medicine
Contact: Steven Orrock
Deadline: Open
Hours/Pay: Not Paid
Description: Opportunity to observe/participate in hands-on clinic working with orthopedic and sports-related injury rehabilitation programs
Requirements: Athletic Training, Physical Therapy, Exercise Physiology, and Recreational Therapy majors
Academic background in anatomy and physiology
Address: 1675 N Freedom Blvd, Suite 10B; Provo, UT 84064
Phone: 801-373-1053
Fax: 801-375-4544